

# Making a Meal of It

## Lesson plan 1: Food for Life

**Age group: 7 - 11**

### Aims:

To encourage children to consider the importance of food in their lives.

### What to do:

Stick up the five daily life photos from the **photo gallery** (in Power Point) and others you have chosen around the classroom, along with any other relevant pictures you may have collected. Ask the children to go round in twos or threes, drawing up two lists: why we need food and the other benefits that food gives us. They should supplement the information from the photos with their own ideas.

Then ask the groups to share their lists so that a class list may be compiled. Suggestions may include: to give us energy; to build healthy bones, teeth and skin; to prevent dehydration; to share with friends; to keep us warm; because it tastes good; it's fun; to explore other cultures through eating food from around the world; as part of a religious festival.

### Further activities:

This work could then be developed into a class display with pupils each producing an A4 poster to represent one particular need or benefit.

### Curriculum links:

England	Scotland	Wales
English: - Make contributions relevant to the topic and take turns in discussion; qualify or justify what they think after listening to others' questions or accounts. Science: - Life processes and living things - nutrition; health. Citizenship/PSHE: - Developing a healthier, safer lifestyle.	English: - Listening in groups. - Talking in groups. Science: - Living things and the processes of life - own health and safety.	English: - Make contributions relevant to the topic and take turns in discussion; qualify or justify what they think after listening to others' questions or accounts. Science: - Life processes and living things - nutrition; health. PSE: - Physical aspect - need for a variety of food.